

- 1) Your Life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now...And from here, you can go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love. ___Caroline Adams (My Name is Caroline, Life Coach)
- 2) The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are like to step out of our ruts and start searching for different ways or different answers. ___ M. Scott Peck- (The Road Less Travelled, Psychiatrist)
- 3) Problems cannot be solved by thinking within the framework in which they were created. ___Albert Einstein, genius
- 4) Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death. ___Anais Nin (author)
- 5) How exactly does one become a butterfly? You must want to fly so badly that you are willing to give up being a caterpillar. ___Trina Paulus, hope for the Flowers,Author
- 6) For a long time it had seemed to me that life was about to begin ___real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life. ___ Alfred D. Souza (Happiness is a Journey, Author)
- 7) We look for happiness in all the wrong places. Like a moth flying into the flame, we destroy ourselves in order to find temporary relief. Because we often find such relief, we continue to reinforce old patterns of suffering and strengthen dysfunctional patterns in the process. ___Pema Chodron, Author, Teach Tibetan Buddhism
- 8) Experience has shown that, ironically, it is often our very attempts to solve the problem that, in fact, maintain it. The attempted solutions become the true problem. ___Giorgio Nardone and Paul Watzlawick Brief Strategic Therapy
- 9) There are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them. ___Denis Waitley, American Motivational Speaker, Founder of national council of self Esteem
- 10) Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. ___ Lao-tzu (600 BC) Philosopher and Poet
- 11) In essence, the practice is always the same: instead of falling prey to a chain reaction of self-hatred, we gradually learn to catch the emotional reaction and drop the story lines. ___ Pema Chodron, Author, Teach Tibetan Buddhism
- 12) Life is a choice. Anxiety is not a choice. Either way you go, you will have problems and pain. So your choice here is not whether or not to have anxiety. Your choice is whether or not to live a meaningful life. ___ Steven C. Hayes (2005) Psychologist, Language and Cognition

- 13) When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis for reaching out to the world and going after your dreams for a better life. ___ Stedman Graham, educator
- 14) When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing___then we truly live life. ___ Greg Anderson
- 15) Though we all have the seeds of fear within us, we must learn not to water those seeds and instead nourish our positive qualities___those of compassion, understanding, and loving-kindness. Thich Nhat Hanh (Vietnamese Zen Buddhist Monk)
- 16) When we come to that compassionate awareness that is not afraid of the fear, that can embrace the fear, we are able to heal the wounds of the child and the adult, and we begin to live the lives we've always wanted to live. ___Cheri Huber (Zen student, Teacher)
- 17) There are only two ways to handle tense situations: you can change them, or you can change the way you look at them. There is enlightenment to be had in changing the way you look at things. ___Paul Wilson (1996) spiritual "uncomplicator"
- 18) The journey of a thousand miles must begin with a single step ___Chinese Proverb
- 19) Where you end up isn't the most important thing. It's the road you take to get there. The road you take is what you'll look back on and call your life. ___Tim Wilely
- 20) Between Stimulus and response is a Space. In that space is you choice of how to respond. In that response is your freedom. ___anonymous
- 21) O God, give us the serenity to accept what cannot be changed,
The courage to change what can be changed,
and the wisdom to know the one from the other. ___Reinhold Niebuhr